



MASSACHUSETTS

Preventive Screening Guidelines for Healthy Adults

| Routine Checkups | 19–21 years | 22–26 years | 27–49 years | 50–59 years | 60–64 years | 65+ years |
|---|---|-------------|---|--|--|---|
| Includes personal history; blood pressure; body mass index (BMI); physical exam; preventive screening; and counseling | Annually for ages 19–21 | | | Annually | Annually | Annually |
| | Every 1–3 years, depending on risk factors | | | | | |
| Cancer Screenings | | | | | | |
| Colorectal Cancer | Not routine except for patients at high risk | | | Colonoscopy at age 50 and then every 10 years; or annual fecal occult blood test (FOBT) plus sigmoidoscopy every 5 years; or sigmoidoscopy every 5 years | | |
| Skin Cancer | Periodic total skin exams every 3 years at discretion of clinician | | Annual total skin exam at discretion of clinician | | | |
| Breast Cancer (Women) | Annual clinical breast exam | | | | | |
| | | | Mammography every two years age 50–74; Mammography before age 50 done under individual context after discussing risks, benefits and harms. | | After age 75, discuss benefits and limitations | |
| Cervical Cancer (Women) | Cytology (pap smear) every 3 years age 21–65, or Cytology with HPV every 5 years for age 30–65 | | | | | |
| Testicular and Prostate Cancer (Men) | Clinical testicular exam at each health maintenance visit Informed decision making regarding PSA Screening starting at age 45-50 depending on risk | | | | | |
| Other Recommended Screenings | | | | | | |
| Body Mass Index (BMI) | Regular screening for all adults | | | | | |
| Blood Pressure (Hypertension) | At every medical encounter perform blood pressure screening for hypertension—once every two years for blood pressure less than 120/80 mm Hg, and every year for systolic blood pressure of 120 to 139 mm Hg or diastolic blood pressure of 80 to 89 mm Hg | | | | | |
| Cholesterol | Regular screening for men 20–35 and women 20–45 at increased risk for heart disease Regularly for men over 35 and women over 45 at risk | | | | | |
| Diabetes (Type 2) | Asymptomatic adults with sustained blood pressure (treated or untreated) greater than 135/80 mmHg | | | | | |
| Bone Mass Density (BMD) Test (Women) | | | Consider your risk factors, and discuss them with your clinician. BMD testing for younger women who have fracture risk greater than or equal to 65 year old normal risk white woman | | | Provide BMD testing |
| Abdominal Aortic Aneurysm | | | | | | Screen once for men aged 65–75 who have ever smoked |

Please check subscriber certificate/benefit description for a complete listing of covered tests and procedures. Your plan may not cover every screening test listed. These guidelines are generally for healthy children with no current symptoms or prior history of medical condition.

These guidelines were developed by Massachusetts Health Quality Partners (MHQP), a broad-based coalition of health care providers, plans and purchasers working together to promote improvement in the quality of health care services in Massachusetts. Blue Cross Blue Shield of Massachusetts is an MHQP member.

| Infectious Disease Screening | 19–21 years | 22–26 years | 27–49 years | 50–59 years | 60–64 years | 65+ years |
|--------------------------------------|--|---|-------------|-------------|-----------------|--|
| Sexually Transmitted Infections | Annual screenings for sexually active patients 24 and younger | | | | | |
| | Chlamydia and gonorrhea: Annually for patients age 25 and over if at risk HIV: Screen all pregnant women. One time screening between ages 15–65; annually if at very high risk; every 3–5 years if at increased risk Syphilis: Screen all pregnant women and those at increased risk | | | | | |
| Sensory Screenings | | | | | | |
| Eye Exam | Up to age 39 years at discretion of clinician | | | | Every 1–2 years | |
| Hearing Assessment | Unnecessary if asymptomatic | | | | | |
| Immunizations | | | | | | |
| Tetanus, Diphtheria (Td) | 1 dose: Tdap; TD booster every 10 years | | | | | |
| Influenza | 1 dose annually during flu season | | | | | |
| Pneumococcal | PCV13 1 dose PPSV23 1-2 doses | | | | | Once after age 65, even if previously vaccinated |
| MMR | 1–2 doses if unvaccinated and born after 1957 | | | | | |
| Meningococcal (Meningitis) | 1 or more doses if not previously immunized, depending on risk factors and other indicators | | | | | |
| Varicella (Chicken Pox) | 2 doses 4–8 weeks apart without evidence of immunity | | | | | |
| Shingles Zoster | | | | | 1 dose | |
| HPV (Human papillomavirus) for Women | 3 doses if not previously immunized | | | | | |
| HPV (Human papillomavirus) for Men | 3 doses if not previously immunized | For men who have sex with men and immunocompromised men through age 26 if not vaccinated previously | | | | |
| Hepatitis A | 2 doses if not previously immunized if requested or at risk | | | | | |
| Hepatitis B | 3 doses if not previously immunized | | | | | |
| Haemophilus Influenza type B | 1 or 3 doses if not previously immunized for patients with asplenia, sickle cell anemia or stem cell transplant and other risk factors | | | | | |

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